

HAWAII, SATURDAY, JUNE 4, 1910.

FRIDAY, JUNE 10, 1910.

UNCLE SAM'S OWN COOK BOOK

PARADISE PARAGRAPHS

BY WILL SABIN

There's a kind-hearted little woman recently arrived in Honolulu who takes an interest in human nature and prides herself, into the bargain, that she knows something of human characteristics. She is a millionairess and doesn't know what to do with her money. This is a sorry state of affairs, and calls for deep sympathy. She called, therefore, to ask advice of PARADISE PARAGRAPHS, and the suggestion she received was that she take a look around town and make suitable presents to all in whom she took any interest. She has made up her list, having been long enough in Honolulu to size up the people requiring "presents," and here it is, and in every case, dear reader, you will find that the present has been chosen with the greatest acumen, being most appropriate to the prospective recipient:—

JUDGE ANDRADE—Aduariat; a silk sofa cushion and a box of face powder.

A. M. BROWN—One looking-glass, full length, and two pairs flannel trousers, creased.

HENRY CLARK—Silk lavender socks, barred with green dots and crimson splashes and a pair of iron curling tongs.

INTERPRETER TOWNSEND—Three million cigarettes and a fathom of rouge sticks.

MARSHAL HENDRY—Gatling gun, gold medal and a nightcap.

B. G. RIVENBURG—Copy of the works of J. Bluffem, edition de luxe; also bottle of scent.

JIM QUINN—Bill Aylett's unanimous vote.

J. G. WOOLLEY—The ocean (he's watery and doesn't want the earth).

EMPIRE OVEREND—Oh, give him a show.

JOE COHEN—A senatorship, a new head of hair, and a contract with Lillian Russell and Jim Jeffries to play at the new theater over the old bathhouse on Hotel street.

JOHN COFFEE—The Seaside Hotel.

ALEXANDRIA FUME PHORD—Free advertising and a bottle of voice tonic, preferably Blisterine.

JOSHER TUCKER—A megaphone.

There is a terrific furore in certain parts of the United States among a class that wants to stop the Jeffries-Johnson fight in San Francisco on July 4.

Queer, isn't it, that there are so many people who want to stop something? Why don't they get busy and do something, rather than all the time be trying to "stop" something?

Every night and every day there are worse fights than will ever be pulled over the next Fourth of July in Frisco. No minute passes without somewhere in this peachy world somebody is getting a black eye, or a smashed rib, or a bent nose, or a dislocated apology, and all through crankiness, lack of toleration, man's inhumanity to man and woman's unmanliness to woman. Stop it! Oh, please, stop it! It is indeed, terrible! and to think that idiomaniacs should flood the governor of California with postal cards to get him to stop the deliberately arranged prize scrap between a big negro who yearns to whip a white man and a professional fighter of the white persuasion who yearns to let the aforesaid negro try it!

Let them fight and let the kickers quit fighting.

Let the kickers remember that they are quick enough to shout for murder when there is a chance of war; that they are swift in yelling for the spilling of blood when they hear of some bunch of abused employees daring to ask decent living wages from hog-fattened millionaire employers!

They kill themselves swallowing Spurrana, Mother Spielgirl's Soothing Slop, Chiblain's Cough Fixture, and the like, and yet they holler their empty heads off over a trained, planned, open-eyed prize fight, which, brutal or not, is not cowardly and is not hypocritical or a delusion or a snare—unless it is faked, and then no one is hurt except the bettors.

Up Palolo valley the other day there were six road "workers" doing nothing, while four other men helped four mules pull eighteen concrete pipes up the vale on a dray. One man drove the hind mules, from the wagon seat, while another man drove the forward mules from the roadway, and two other men, one on either side, swabbed about the wheels picking off the moss so as to spite the old adage that a rolling stone gathers no moss.

Jim Quinn, supervisor, may be forgiven for waxing wroth at such a spectacle.

Has it ever occurred to you, sweet peruser of these alleged intelligences, that U. S. District Attorney Breckons is something of a combination of a Comstock, a Dr. Parkhurst, a Thwing and a Sherlock Holmes, with a little touch of Bill Nye, Dante, and Speaker Cannon and Nero?

Nero fiddled while Rome burned, having himself set that lively town afire.

Breckons is forever fiddling, and you can't deny that Honolulu, just now, is burning with exposed scandal. Or smoking at least, thanks to the grand jury's lack of greater work in hand. And the smoke smells!

Breckons has acquired the industrious habit, and can't quit. He's forever making good, but how about the lumber trust, and the beef trust, and the building trust, and the fish trust, and the hotel trust, "if" they exist?

They were supposed to exist, not long ago, but gave away to opium, deportation, bigamy, and a host of other minor matters.

In other words, Breckons, bright and energetic and clever as he is, has come to make a specialty of cleaning out the scullery while the dust settles heavily in the parlor of our community.

Breckons is one of the most companionable of men, well minded, brilliant at times, clever to a degree, humorous when at leisure and sometimes when not; entertaining and semi-sarcastic; withal a mystery, possessing a huge influence, causing hundreds to fear him, except newspapermen and Marshal Hendry, and yet, O Thou Breckons, why dost not thou soar to greater glory than muckraking? Is it because the police of the Territory are too busy catching che fa players and crap shooters that all the house-cleaning has to fall on the shoulders of the Federal authorities? Or is it because there is such a super-

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THE PHILOSOPHY OF MEAT EATING

(Concluded.)
SUMMARY.

Studies of the food habits of peoples living in the temperate and warmer regions of the world, where animal and vegetable foods are both found in abundance, and where there is opportunity for choice, show that, while vegetable foods—cereals, succulent vegetables and fruits—compose the greater part of the bulk of the diet, animal foods—dairy products, eggs, meats and fish—almost invariably enter into the bill of fare. For many reasons it seems fair to conclude, with the majority of the physiologists, that this widespread habit is the result of experience and that it has its foundation in bodily needs. From the earliest times, in fact, man has used animal foods, and his whole body structure is adapted to the use of such articles of diet. Though some, for various reasons, do not favor the eating of flesh, the consensus of opinion among physiologists who have given special attention to the subject is that flesh foods are a wholesome and normal part of the diet.

Of course it is possible to overeat of these foods, but so it is to overeat of such foods as butter, or olive oil, for example; so in meat eating, as in other food habits, moderation is desirable. This is particularly the case for those who live sedentary lives involving little muscular work. Such people naturally select and seem to need less meat and other foods than those who lead out-of-door lives and do hard manual labor. The man of sedentary life, if he has the food habits of the average American family, would ordinarily take a moderate portion of meat or fish—a chop or a cutlet or a slice of roast beef—once a day, or a somewhat larger quantity divided between two or all three meals. Such a quantity would weigh from 3 to 5 ounces, an amount certainly not large. The heartier man, who leads a vigorous life in the open air, would naturally relish more meat just as he would want more bread, butter, and other foods than the man with little active work. The fact that some persons eat more meat than the circumstances of their lives demand should not be taken as an argument against meat eating in general.

According to statistics compiled in the Office of Experiment Stations, meat furnishes about 16 per cent of the total food consumed in the ordinary American family, about 30 per cent of the protein desirable in the average diet, and 60 per cent of the energy-producing fats. It is possible to obtain all of the necessary protein and energy from other materials, but for many reasons it is doubtful if such a proceeding would be either desirable or agreeable for the average person. Exactly how much meat should be eaten is a difficult matter to determine; probably if one meat dish is served a day, and other materials supplying protein, such as milk, eggs, beans, or similar foods, are also used there is little danger of getting too much meat or too little protein. It is of course possible to eat meat dishes less frequently, or as noted above, to omit meat from the diet altogether, if one so desires and the diet is so arranged that it remains well balanced.

Meat is in general one of the most digestible of food materials. Recent experiments indicate that all kinds are thoroughly digested, less expensive cuts as well as the more costly. The higher priced ones contain more of the so-called extractives or extractives of more pleasing quality, and it is the extractives which not only give the meat its agreeable flavor, but also actually stimulate the digestive processes. They have, however, little if any nutritive value, and for persons with normal digestion, the less expensive cuts even if less rich in extractives, cooked and flavored in an appetizing way, may certainly be used to replace the more costly cuts.

Meat is undeniably one of the more expensive items in the food bill of the ordinary family, and for this reason it is important that it be bought and used to the best possible advantage. In rural communities cooperative slaughterhouses and storage houses are often useful not only in reducing the cost of meat, but in making fresh meat available in summer. If the size of her family or her storage facilities warrant, the housekeeper may find it advantageous to buy the whole carcass of a small animal, such as a pig or a lamb, or a large section of beef, thus securing better prices. Carefully following the market and taking advantage of any special opportunity that may offer also helps to reduce the expense for meat for the family in town.

It is also important to reduce waste by using as much as possible of the bone, fat and trimmings, not usually served with the meat itself. If nothing better can be done with them, the bones and trimmings can almost always be profitably used in the soup kettle, and the fat can be saved for cooking, thus saving the more expensive butter and lard. The bits of meat not served with the main dish or remaining after the first serving can be seasoned and recooked in many palatable ways, or can be combined with vegetables, pie crust, or other materials, and thus the meat flavor may be extended over a large quantity of less expensive food with such combinations. Moreover, smaller quantities of meat can often be bought than would be necessary were the meat served alone.

Different kinds and cuts of meat vary considerably in price. Sometimes the cheaper cuts contain a larger proportion of refuse than the more expensive, and the apparent cost is less than the actual cost of the edible portion. Aside from this the advantage of the more expensive cuts lies in tenderness and flavor rather than in nutritive value. Tenderness depends upon the character of the muscle fibers and connective tissues of which the meat is composed. Flavor depends partly on the fat present in the tissues, but mainly on nitrogenous bodies known as extractives, which are usually more abundant in or more agreeable flavor in the more tender parts of the animal. The heat of cooking dissolves the connective tissues of tough meat and in a measure makes it more tender, but heat above the boiling point or even a little lower tends to change the texture of muscle fibers. Hence tough meats must be carefully cooked in low heat long applied in order to soften the connective tissue without unduly changing the fibers. Cooking, especially in water, presents a further danger, namely, the escape into the water of nutritious material in the meat. In cases where the liquid in which the meat is cooked is to be used, as in soups and some stews, this is of less importance or it may even be an advantage, but where the meat only is to be used the fact must always be taken into consideration. Not only is the amount of nutritive material in the meat lessened, but the extractives are lost and with them more or less of the flavor the meat originally possessed. To lessen the chances of loss, cooks frequently sear the exterior of the meat either in hot fat or in boiling water before beginning the long cooking, or tough meat may be pounded or chopped to break down the tissues to a certain extent, and thus permit shorter cooking. Besides using such devices to retain and develop the natural flavor of the meat, other flav-

Town Talk

BY
THE MAN
AROUND
TOWN

There is that is wrong even when it is right. This is public business done in private.

It ought to be made a penal offense to sell, give or lend a pistol to anyone without a bond in two judicially approved sureties, conditioned on the use of the weapon for nothing but a lawful purpose, in a sum large enough to constitute substantial insurance against death or damage from either reckless or lawless use thereof. This might not be adequate protection to possible victims, but it would at least be a potent deterrent of homicide by degenerates and lunatics. For preventing violence with weapons of any kind, life imprisonment for unjustifiable assault with such should be the penalty. Laws against carrying concealed weapons are a failure everywhere. Proof is too uncertain, the penalties are too slight. Let the laws deal with men dangerous to their fellowmen as mad dogs are treated. Put them out of the way of doing mischief. When the sacredness of human life is protected against violation in every land, it is but a step to universal peace among the nations.

If everybody should own an automobile nobody could hire a chauffeur.

He that knocks shall be knocked. Knocking is the trade of the inefficient, whereby they distract attention from their own delinquencies and failures. They disparage others that they themselves may be taken above par. Investigate his record when you find a knocker, and ninety-nine chances in a hundred there is something he would have you not learn, or, if you know, would hope you might forget. To knock him in return is not the cure, but to despise his knocking. Thus by extinguishing his light you leave him in outer darkness. One is not a knocker, however, who conscientiously deals blows in the open against whom or what he deems false to principle or practice. Such may be either bravely virtuous or conceitedly quarrelsome.

Tenants of the McCandless building are beginning to think a mistake was made in the vehicle of vertical transit—that a precipitator was put in instead of an elevator.

Honolulu is herself again—scrapping over the federal building site. Beware she does not push the structure out of sight. That is what they profess to wish to avoid who are pressing the proposal to acquire adjacent properties, and demolish the buildings that would blanket the federal edifice if erected on the site already chosen. If Congress will only be good enough to adopt this plan all will be well, providing it does not take too long about it. Should the building be put up and a mistake be found to have been made in having the lot too small, it would likely cost far more to place the matter to rights afterward. Fort street stores and offices with access from their rear directly to the postoffice and custom house would take a higher appreciation no doubt when that convenient situation was established than they would today while such enhanced value is only speculative. The courts do not recognize speculative valuations in condemnation proceedings. There is not the least doubt, however, that a greatly enhanced actual value would be realized by those establishments if the federal building were erected on the lot as it now lies. Besides the convenience mentioned, the stores would have their custom frontages doubled, opening upon two business thoroughfares instead of one. That side of Fort street, between King and Merchant, would then be ideal for retail stores of an arcade type. Every Saturday night the entire shopping population would pass through them from street to street. The block would become the clearing house for community sociability, the great exchange for friendly converse and gossip. Thereby is born another idea. Suppose some individual or corporation took the Hawaiian Trust building, in the middle of the block, and replaced it with a new structure having in the midst—for the height of a story and a half—a grand archway from Fort street to Federal Park, upon the latter giving a view of the federal building, and in the sides of the archway stores for the sale of curios and notions. Superimpose upon this arched substructure a stately tower of several stories of assembly halls and offices. Would not that be a gold mine for lucrative rentals? And would not the vista of the archway, the federal building at the end of it, in great degree remove the objection of blanketing the edifice? Some may say this is dealing flippantly with a subject engaging the gravest attention of the "Bedchamber of Commerce," as Professor Brigham once pungently nicknamed the always august but sometimes sleepy, higher commercial guild of Honolulu. There is no trifling intent, however, in these few remarks. Even if

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ors may be added to supplement them. These may be put into the meat before cooking or may be added later in the form of relish or sauce.

Vegetables of distinctive flavor, such as onions, carrots, or celery; savory herbs, such as parsley, sage bay leaf, or thyme; and materials such as vinegar, pickles or currant jelly; spices such as pepper, cloves, or "curry" mixtures; and sharp or highly seasoned meat sauces are all types of flavoring materials which are useful for such purposes and which may be used in a great variety of ways.

In fact, the number of "tasty" dishes which a good cook can make out of the cheaper cuts of meat or meat "left over" is almost endless. Undoubtedly more time and skill are required in their preparation than in the simple cooking of the more expensive cuts, just as more time and skill are required for careful, intelligent marketing than for haphazard ordering; but the real superiority of a good cook lies not so much in the preparation of expensive or fancy dishes as in the attractive preparation of inexpensive dishes for every day and in the skillful combination of flavors.

Some housekeepers seem to have a prejudice against economizing in such ways as those here suggested; but if the comfort of the family does not suffer and the meals are kept as varied and appetizing as when they cost more, little ground for the feeling exists. Surely it is not beneath the dignity of any family to avoid useless expenditure, no matter how generous its income, and the intelligent housekeeper should take as much pride in setting a good table at a low price as the manufacturer does in lessening the cost of production in his factory.